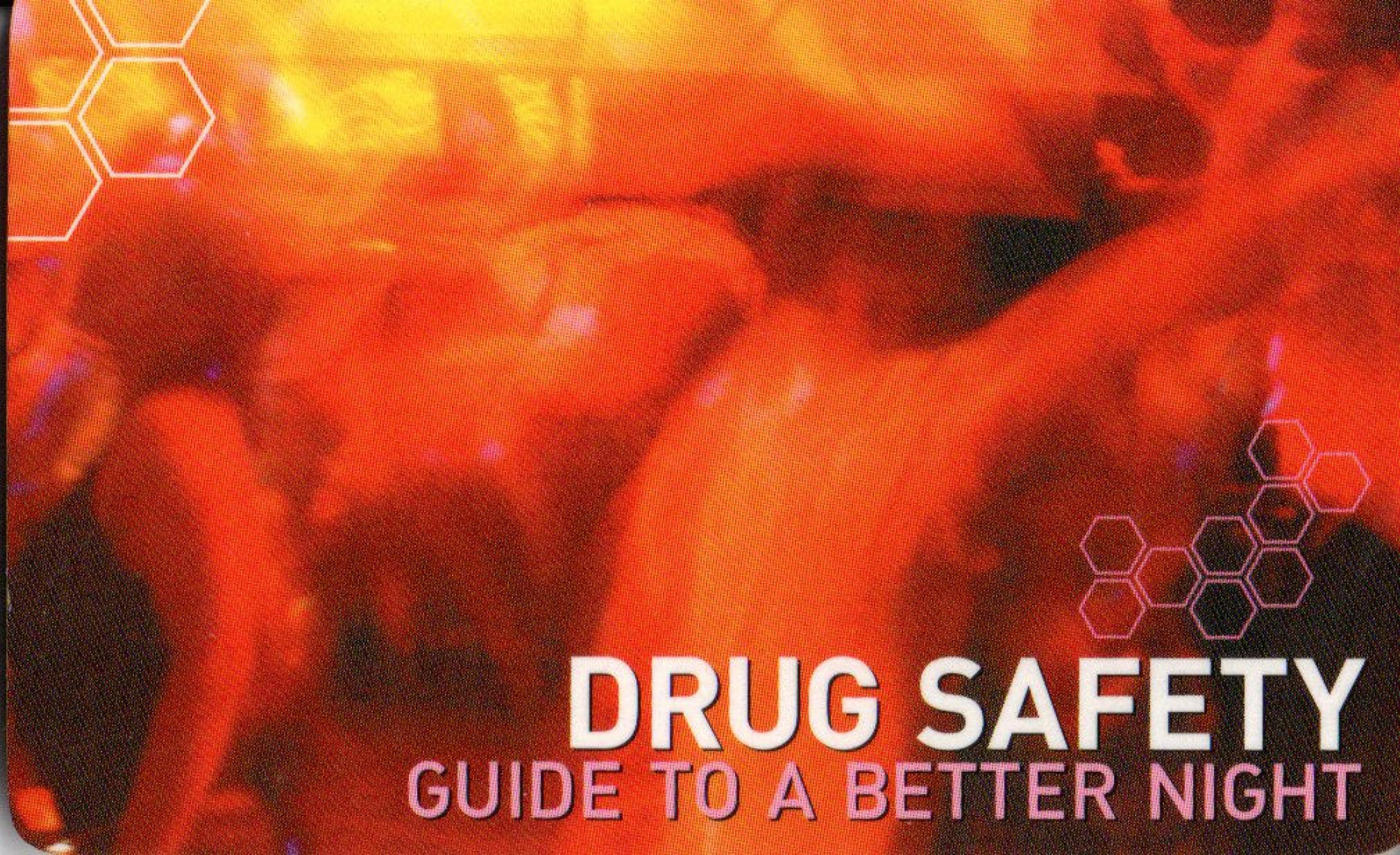

DRUG SAFETY
GUIDE TO A BETTER NIGHT

Mixing drugs

- Combining two or more drugs (**especially with alcohol**) greatly increases the possibility of overdose or accidents.
- Combining drugs can harm you whether you take them at the same time or **several hours apart**.
- If you take more than one drug in a session then allow time for the effects to kick in and wear off.

Dangerous drug cocktails

- **Ecstasy + other drugs.** Taking ecstasy with other drugs such as speed or LSD can cause a psychotic reaction. Taking ecstasy and alcohol raises blood pressure and body temperature and increases the chance of dehydration.
- **GHB + other drugs.** Use of alcohol and other depressants or like benzodiazepines, ketamine and heroin along with GHB significantly increases risk of overdose. There is a fine line between a dose and what can cause overdose or death.
- **Ice/speed + other drugs.** Taking other drugs such as depressants to 'come down' from speed or ice can make you dependant on several drugs at once which can lead to serious physical and psychological problems.
- **Illegal drugs + prescription drugs** can be dangerous. If you're on prescription drugs, eg antidepressants or HIV medication, get advice from your doctor about the risks of combining it with other drugs.

MIXING DRUGS

- If someone has these symptoms* get event medical staff, venue staff or call an ambulance – **dial 000.** An alternative emergency number for mobiles is 112.
- Roll the person onto their side while waiting for the ambulance. Open their mouth to clear away any fluid/ vomit. If the person is not breathing immediately begin CPR.
- When the ambulance gets there, tell the ambulance officer exactly what the person has been taking. **Ambulance officers are there to help.** This information could save your friend's life.
- Ambos don't have to call the police unless they're in danger themselves, someone dies, or there are other, non-drug crimes (such as violence or theft) involved.

An unconscious person needs an ambulance immediately.
If you can't wake someone up they are unconscious.

EMERGENCIES

If your friend drops...

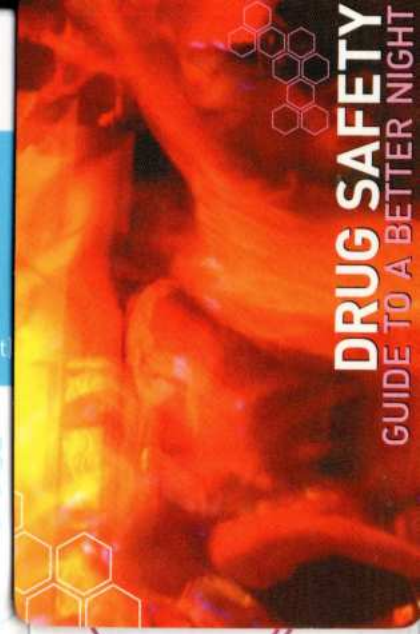
Emergency symptoms

- feeling hot, cold or just unwell
- fainting
- stomach cramps
- vomiting
- severe headaches
- becoming confused or irrational
- have trouble breathing
- falling asleep/ losing consciousness
- collapse
- having a convulsion (a fit)

Tips for having a safe night

BE SAFE

- **Do not use drugs alone.** If you don't feel well, make sure you **tell someone**.
- **Rest and re-hydrate** - Take regular breaks from dancing, sit down and sip plenty of water but don't drink large quantities of water too quickly.
- Try not to drink alcohol, or **limit** your **alcohol**, if you are taking drugs.
- **Guard your drink** (never leave it unattended).
- Ensure you have enough money to get home.



An overdose occurs when a drug is consumed in quantities and/or concentrations large enough to cause severe illness or death.
Non fatal overdose can result in permanent damage.

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Legal stuff

LEGAL STUFF

- Passing illegal drugs, even small amounts, among friends is 'supplying' in the eyes of the law.
- If caught, you could face substantial fines and penalties including a prison sentence.
- A criminal record makes it hard to get a job, a credit card, or a visa to travel or work in other countries.

Drugs and driving

DRIVING

Like alcohol, drugs impair your ability to drive safely especially if you have been dancing for hours and you're tired or are 'coming down'. This increases the risk of a serious accident.

It's **illegal** in NSW to drive under the influence of drugs.

Mental Health

All drugs can cause negative psychological effects. How a drug affects you depends on which drug it is, where you use the drug and how much you use.

- The long-term effects of ecstasy, ketamine and GHB on mental health are still not certain.
- Some of the effects experienced by people regularly using these drugs are: depression, insomnia, memory loss, psychotic symptoms, panic attacks, aggression, hostility and violence.
- **If you or a friend are experiencing any of these symptoms talk to someone you can trust – a close friend, family member, a counsellor or your doctor.**
- If you or a member of your family have mental health issues taking drugs could provoke the symptoms of a mental illness or make existing symptoms worse.
- If you've had a bad experience taking a particular

Want to talk?

WANT TO TALK

If you're worried about yourself or a friend who you think has a problem with drugs or alcohol, call the **Alcohol and Drug Information Service (ADIS)**: 24 hours, (02) 9361 8000 or toll-free on 1800 422 599. You don't have to give them your name.

For more **information about drugs visit the following websites:**

www.saveamate.org.au
– drug information and advice

www.druginfo.adf.org.au
– drug information and research

www.somazone.com.au
– drug information, drug services information, shared stories

www.acon.org.au
– HIV, sexual health and drug information for lesbian, gay, bisexual and transgender

"Drugs are unpredictable. But one thing's for sure, the more people know about drugs the better."

Know your drug types

Depressants slow down the messages going to and from the brain which results in a slowing down of breathing and heart rate. eg. alcohol, GHB, ketamine, minor tranquillisers (benzodiazepines eg. Valium), heroin.

Stimulants speed up the functions of your brain and cause increased heart rate and increased activity. eg. ecstasy, speed, ice, crystal, base, cocaine.

Hallucinogens work on your brain to distort the senses and cause hallucinations – seeing, hearing, smelling, tasting or touching things that do not exist eg. trips, magic mushrooms, LSD, acid, ecstasy.

"The same amount as last time. Overdose this time."

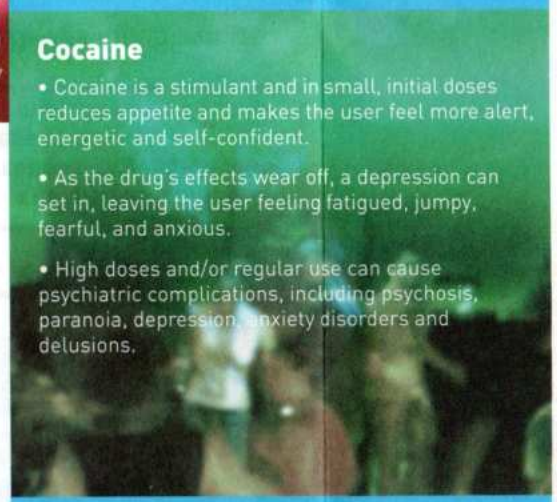
ECSTASY

Ecstasy

- Often what is sold as 'ecstasy' actually contains little or none of the active ingredient MDMA but contains substances like chalk or other illicit substances which might not give the desired effect.
- Ecstasy use can lead to overheating and dehydration. Drinking alcohol increases dehydration. If dancing, sip a total of around 500ml of water an hour and take regular rests from dancing (15 minutes after every hour). If inactive sip up to 250ml an hour.
- Drinking too much water too quickly can have serious side effects including death.
- High doses and/or regular ecstasy use can cause anxiety, depression, sleep problems, memory loss, paranoia, dietary problems, psychotic symptoms and panic attacks.

GHB

- GHB (fantasy, G, liquid E, GBH, Gina) is very powerful and can be lethal.
- GHB is a clear salty substance sold as a liquid and is sometimes dyed blue.
- There is a tiny difference between the dose which causes relaxation and euphoria and overdose, which can cause coma and death. A person can overdose using less than the amount that previously made them euphoric.
- Sometimes referred to as 'liquid E' but it is nothing like ecstasy in its effects.
- An overdose of GHB can cause muscle spasms, impairment of movement and speech, disorientation, vomiting, convulsions and respiratory collapse.
- Using GHB whilst under the effect of alcohol or other drugs is extremely dangerous and has caused some deaths. There is a high risk of overdose.
- A GHB overdose is an emergency and the user may die without medical intervention. If someone collapses get



Cocaine

- Cocaine is a stimulant and in small, initial doses reduces appetite and makes the user feel more alert, energetic and self-confident.
- As the drug's effects wear off, a depression can set in, leaving the user feeling fatigued, jumpy, fearful, and anxious.
- High doses and/or regular use can cause psychiatric complications, including psychosis, paranoia, depression, anxiety disorders and delusions.

Ketamine

- Ketamine (K, Special K, Vitamin K) is an anaesthetic generally sold in powder form and snorted.
- In small doses it can increase the heart rate and users experience detachment and a mild dreamy effect, and sometimes dizziness or nausea.
- In high doses it depresses consciousness and breathing. There is a high risk of overdose when ketamine is combined with alcohol or other depressants.
- An overdose of ketamine, sometimes called a 'k-hole', can cause difficulty moving, a sense

Psychosis is a serious psychological condition where a person hears voices and sees things that aren't there and becomes paranoid.

AMPHETAMINES + METH

ICE, BASE and SPEED (amphetamine or methamphetamine)

Short term effects can include:
- rushing of thoughts, restlessness
- increased confidence and activity
- anxiety, insomnia and loss of appetite
- dehydration and overheating
- becoming impulsive and aggressive
- dilated pupils and blurred vision.

Effects of long term use can include:
- addiction
- strain on the heart, kidneys and increased risk of stroke
- stomach problems, weight loss and malnutrition
- emotional problems, depression and paranoia
- psychosis - panic attacks, aggression, hostility and violence .
- injection related problems eg. blocked blood vessels
- increased risk of hepatitis C, hepatitis B and/or HIV infection, blood poisoning and skin abscesses if injecting with dirty needles or injecting equipment.

Always use new injecting equipment.

Warning signs

- Is ice the most important thing in your life?
- Are you experiencing relationship, work/study and/or financial problems?
- Is it hard to sleep, maybe you are losing weight and/or experiencing psychological problems?
- Are you continuing to use ice even

ICE (CRYSTAL, meth, shabu) is sold as transparent crystals in its true form.

- The effects of ice are much stronger than other amphetamines.
- Regular ice users can develop a tolerance quickly, needing increasing amounts to get the same high.
- **Smoking ice is as addictive as injecting.**

SPEED (goey, whiz) is usually sold as a powder ranging in colour from white to, orange brown and is often impure.

BASE (paste, wax, point, ox blood and pure) is a damp, sticky or oily paste or powder with a white, yellow or brownish tinge.

" More than half of regular ice users become addicted."